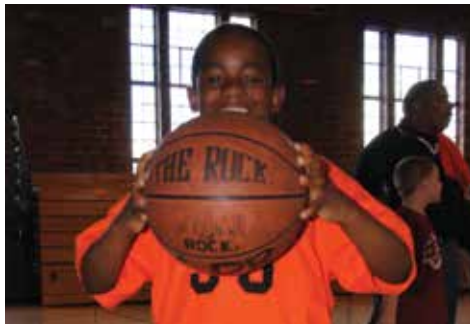
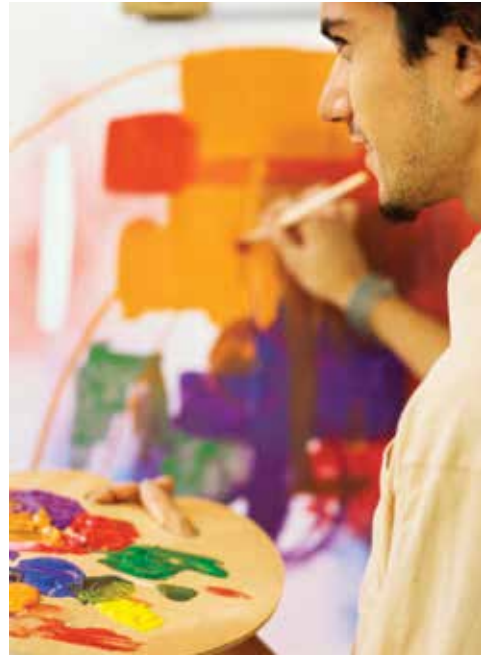


Lynchburg Parks & Recreation

Activity Guide

Winter-Spring 2013
January - April



Miller Center
under Renovation!



Staff & classes moved to NEW
locations. See inside
for details.

... endless possibilities



facebook.com/lynchburgparksandrecreation

Lynchburg Parks & Recreation Department
www.LynchburgVA.gov/ParksAndRec 434.455.5858



Parks and Recreation Offices Relocated

MAILING ADDRESS: 301 GROVE ST, LYNCHBURG, VA 24501
(STAFF PHONE NUMBERS AND EMAIL ADDRESSES REMAIN THE SAME.)

Due to extensive renovations to the Miller Center, 2013 brings the relocation of staff offices, classes, clubs and the Lynchburg office of the VA Extension Service. The new offices will be open for business on January 2, 2013. Please read this Guide carefully as many class locations have changed. We anticipate returning to a beautiful, renovated facility in mid-year, 2014. We apologize for any inconvenience.

PARKS AND RECREATION MAIN OFFICES (434) 455-5858

Customer Service Desk, Administrative staff, Director, Park Services and Special Events Coordinator

2704 Concord Turnpike (Former Region 2000 Administration and Shop Buildings)

Office Hours: Monday–Friday, 8:30 am–5:00 pm

ATHLETICS, AQUATICS AND NATURE ZONE

825 Kemper Street (Historic Kemper Street Station)

Call for an appointment: Athletics (434) 455-5849 or Naturalist (434) 455-5828

See Nature Zone ad on page 10.

CENTER PROGRAM SUPERVISORS, RECREATION SERVICES MANAGER AND VOLUNTEER COORDINATOR

525 Taylor Street (Water Filtration Plant)

Call for an appointment. See directory below.

VIRGINIA COOPERATIVE EXTENSION SERVICE OFFICES (434) 455-3740

2348 Lakeside Drive

Office Hours: Monday–Friday, 8:00 am–5:00 pm

To get up-to-date information on the Miller Center renovations like us on Facebook and/or go to: www.LynchburgVa.Gov/ParksAndRec.

DIRECT NUMBERS ARE LISTED BELOW FOR YOUR CONVENIENCE

Athletics - Adults.....	Ron Martin	(434) 455-5873
Athletics/Aquatics.....	Maggie Mace	(434) 455-5882
Athletics - Youth	Joanna Nisbet	(434) 455-5884
Banner Permits.....	Sharon Brown	(434) 455-5871
Community Market	Jennifer Kennedy	(434) 455-4486
Centers - Citywide.....	Allyson McSwain.....	(434) 455-5837
Centers - Neighborhood	Charlotte Lester.....	(434) 455-5857
Nature Zone.....	Laura Rogers	(434) 455-5878
Park Management.....	Andrew Reeder	(434) 455-5876
Special Events	Sharon Brown	(434) 455-5871
Templeton Senior Center.....	Lynn Fox	(434) 455-4115
Van Transportation for 50+	Ralph Stinson.....	(434) 455-5896
Volunteer Coordinator	Paula Tannenbaum	(434) 455-5886

RENTALS:

Armory.....	Mark Reasor.....	(434) 455-5875
Athletic Fields.....	Maggie Mace	(434) 455-5882
Aviary	Mark Reasor.....	(434) 455-5875
Neighborhood Centers.....	Mark Reasor.....	(434) 455-5875
Picnic Shelters.....	Tamara Parker	(434) 455-5887
Stadium	Mark Reasor.....	(434) 455-5875

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Parks and Recreation Customer Service

(434) 455-5858

Walk in:
2704 Concord Turnpike
Lynchburg VA 24501

Cancellations & Information **(434) 455-5860**

- 1 Athletics
- 2 Arts/Classes
- 3 Neighborhood Centers
- 4 Naturalist/Adventure
- 5 Fifty-Plus Transportation
- 6 Parks
- 7 Community Market

Registration Information

- For the classes, activities or trips that have activity numbers complete a Registration Form, including waiver with signature, for each person (photocopies accepted).
- Only registered participants are permitted in classes.

FULL OR CANCELLED ACTIVITIES

- Classes and activities may be cancelled if minimum enrollments are not met by the deadline.
- If programs are full or cancelled by the Department, participants will be contacted within three business days to discuss an alternative activity option or a refund. If the participant cannot be contacted within three business days, a refund will be processed.

REFUND POLICY

- Refunds will only be considered if requested at least 10 business days prior to the start of the activity and may be subject to an administrative fee for incurred costs.
- No refunds (or partial refunds) will be issued to customers who fail to attend an activity/class.

FOR FIFTY-PLUS REGISTRATION

- Fifty-Plus activities and classes are open to adults 50 or over (younger adults as space allows) or individuals accompanying an age-eligible participant.
- For the safety and well being of all participants, activities and centers are open to individuals who are physically able to negotiate in a center/program setting, are mentally alert, and are able to function independently.
- Participants needing assistance may bring a responsible adult of any age. This person must also register and pay activity costs when applicable.

The Lynchburg Parks & Recreation Department complies with the Americans with Disabilities Act for qualified individuals. If reasonable accommodations are needed, please tell us upon registration and at least 10 days prior to the activity.

Center Directory

The Art Studio -		
Jackson Heights Center	720 Winston Ridge Rd.	455-5858
College Hill Center	811 Jackson St.	847-1418
Daniel's Hill Center	314 Cabell St.	847-1396
Diamond Hill Center	1005 17th St.	847-1409
Fairview Center	3621 Campbell Ave.	847-1751
Jefferson Park Center	405 York St.	847-1405
Templeton Senior Center	225 Wiggington Rd.	455-4115
Yoder Center	109 Jackson St.	847-1645

COMPUTER LABS

Browse the Internet, apply for jobs online, practice your keyboarding skills, or build your resume. Call a Center to learn when computers are available for citizens 18 and up.

 = Online Registration Available
 LR = Lynchburg Resident Discount

3 Easy Ways to Register



1. Online

www.lyncburgva.gov/parksandrec



2. Mail-in

Send registration form and payment (check or money order made payable to City of Lynchburg) to: Lynchburg Parks & Recreation Dept., 301 Grove Street, Lynchburg, VA 24501



3. Walk-in

Monday-Friday except City holidays at the Customer Service Desk, 2704 Concord Turnpike or your nearest Center.

Scholarship Program

If you are a City resident and are in need of financial assistance to participate in Parks and Recreation programs, you and your family members may qualify for a scholarship to assist you in registering for a program. Residents of all ages are eligible.

Scholarship applications are online at www.lyncburgva.gov/parksandrec, at 2704 Concord Turnpike, and at each neighborhood center. Completed applications must be submitted for approval five business days prior to actual activity registration deadline.

Call **(434) 455-5858** for more scholarship information.

Lynchburg Parks & Recreation ▪ 301 Grove Street, Lynchburg VA 24501 ▪ 434-455-5858 ▪ FAX 434-528-2794
www.lyncburgva.gov/parksandrec

☐ Activity Guide ☐ Website ☐ Email ☐ Facebook ☐ LTV ☐ TV ☐ Newsletter ☐ Newspaper ☐ Friend ☐ Other: _____

Date of Birth: ____ / ____ / ____

Participant's Name:

City of Lynchburg Resident? ☐ Yes ☐ No *Only participants living in the City of Lynchburg are eligible for Lynchburg Resident Rate (LR).*

Mailing Address (IF DIFFERENT THAN STREET ADDRESS):

Street Address or PO Box

Zip

Cell:

Email: _____

Phone:

In consideration of the permission granted to me/my child by Lynchburg Parks & Recreation Department, I hereby release and save harmless the City of Lynchburg, its officers and employees from all actions, causes of action, damages and claims, or demands which I, my heirs, executors, administrators, or assigns may have against the City of Lynchburg, and/or other described parties for all personal injuries known or unknown incurred by participation in this/these activity(ies). In the event of a medical emergency, I authorize representatives of Lynchburg Parks & Recreation to contact EMS at 911, if I or my child is incapacitated. In the event I or my child requires medical treatment, I agree to be responsible for the cost of such treatment.

Sign Here → Signature of Participant or Parent/Legal Guardian (REQUIRED) : _____ Date: _____

I grant the City of Lynchburg permission to use my/my child's likeness and name in any official communications materials. Materials may include but are not limited to news releases, publications, videos, billboards, television, and web use. I, the undersigned, have read this release and understand all its terms.

Sign Here → Signature of Participant or Parent/Legal Guardian: _____ Date: _____

- Refunds will only be considered if requested at least 10 business days prior to the start of the activity and may be subject to an administrative fee for incurred costs.
- No refunds (or partial refunds) will be issued to customers who fail to attend an activity/class.

LOOK FOR NEW OPPORTUNITIES AT THE CITYWIDE CENTERS:



FAIRVIEW CENTER

3621 Campbell Ave
847-1751

During the closing and renovation of the Miller Center you will notice citizens of all ages are now encouraged to participate in the many classes relocated to this location. In the past this center has attracted a tremendous fifty-plus following from across our city. Two minutes from the 460 E Bypass this center is easy to find. Come try a new class, activity or After-School Program this winter!



THE ART STUDIO

Jackson Heights Center
720 Winston Ridge Rd
455-5858

We are pleased to announce the opening of The Art Studio for artist and aspiring artist across our city. This center will highlight classes, clubs, workshops, and camps focusing on stained glass and pottery. The site was the original location of a school in the early 1900's and later the Jackson Heights Center. Watch as new classes are being developed at this location. Be sure to attend the Open House to be announced for May.



TEMPLETON SENIOR CENTER

225 Wiggington Rd
455-4115

Recreation for the Fifty-Plus Generation AND Many Others.....
This center primarily serves those fifty plus with younger adults participating as space allows. During the Miller Center renovation and temporary closing, to better serve all citizens of Lynchburg, additional classes are being offered at the Templeton Center with a majority of the activities open to younger adults. This provides a wide array of classes more convenient to citizens on the west side of our city. Enjoy!

Youth.....

Wee Wild Sprouts Preschool

☑ **STARRY, STARRY NIGHT**

Ages 2-3

Toddlers will learn about all those twinkling objects in the night sky through fun and games! Register by 1/6.

\$11.00 / LR \$7.00

Nature Zone
Kathie Driscoll

54003.101

W 1/9 10:00-11:00 am

☑ **GROUNDHOGS ARE GREAT!**

Ages 2-3

Toddlers will find out why these furry animals are so famous this time of year! Register by 2/10.

\$11.00 / LR \$7.00

Nature Zone
Kathie Driscoll

54003.102

W 2/13 10:00-11:00 am

☑ **SUNNY WITH A CHANCE OF SMILES!**

Ages 2-3

March is a magical month, guaranteed to bring smiles to our wee wild sprouts as we discover rainbows, wind, and weather! Register by 3/11.

\$11.00 / LR \$7.00

Ivy Creek Park
Kathie Driscoll

54003.103

W 3/13 10:00-11:00 am

☑ **EGG LAYING ANIMALS**

Ages 4-5

Special preschooler program during Spring Break. Wee will learn "who's hatching" in the springtime through exploration and games. Register by 3/31.

\$11.00 / LR \$7.00

Ivy Creek Park
Kathie Driscoll

54003.104

Tu 4/2 10:00-11:30 am



☑ **EGG LAYING ANIMALS**

Ages 2-3

Wee will learn "who's hatching" in the springtime through exploration and games. Register by 4/7.

\$11.00 / LR \$7.00

Ivy Creek Park
Kathie Driscoll

54003.105

W 4/10 10:00-11:00 am

☑ = Online Registration Available

LR = Lynchburg Resident Discount

SCHOOL'S OUT

SCHOOL'S OUT!

"When school's out, Parks & Recreation is in!"

Ages 6-18

A new program created exclusively for certain days when Lynchburg City Schools are closed (including W.M. Bass intermission). School's Out! offers a variety of themed activities, from special guests and extravagant creations in the kitchen to field trips exploring Lynchburg's hottest attractions. Each day is different and aims to incorporate a healthy, active, educated lifestyle with tons of fun! For more information and calendar of events, call 847-1751. Register in advance.

\$20.00 / LR \$13.00 Per Day

Fairview Center

1:00-5:00 pm

FAIRVIEW eXtras AFTER-SCHOOL PROGRAM

Ages 6-18

Program provides extended care for children in a safe, supervised, fun and enriching atmosphere. Fairview eXtras offers a variety of activities including: free play, homework assistance, nutritious snacks and structured programs from cultural arts to athletics. We pride ourselves on educating our youth to be healthy, active and involved in the community.

Register monthly and pay by first meeting day of the month

Monthly Membership Fee*

\$15.00 / LR \$10.00

**Additional \$3.00 fee for Schools Out!*

Fairview Center

63100.110

M-F 1/3-31 3:30-6:30 pm

63100.120

M-F 2/1-28 3:30-6:30 pm

63100.130

M-F 3/1-29 3:30-6:30 pm

63100.140

M-F 4/1-30 3:30-6:30 pm

Dinosaur Lovers



NATURE ZONE DINO MITES

Ages 5-7

This group is for dinosaur lovers!

Study three or four different dinosaurs each month with fun activities. Register one week in advance.

\$12.00 / LR \$8.00

Nature Zone

Vic Fleet

54001.105

Tu 1/8 5:00-6:00 pm

54001.106

Tu 2/12 5:00-6:00 pm

54001.107

Tu 3/12 5:00-6:00 pm

54001.108

Tu 4/9 5:00-6:00 pm

NATURE ZONE DINOPHILES

Ages 8-12

Be a dinophile! This club is for those who can't ever get enough of those fantastic Mesozoic beasts. Members get a new set of fact sheets each month. Register one week in advance.

\$15.00 / LR \$10.00

Nature Zone

Vic Fleet

54001.101

Tu 1/8 6:00-7:30 pm

54001.102

Tu 2/5 6:00-7:30 pm

54001.103

Tu 3/5 6:00-7:30 pm

54001.104

Tu 4/2 6:00-7:30 pm

Workshops

BUILD A BETTER BLUEBIRD BOX

Ages 10 & Up

Bluebirds eat bugs... 'nuff said! Build them a nice place to raise a family during this informative workshop. All materials provided. Register by 2/1.

\$30.00 / LR \$20.00

Nature Zone

Laura Rogers

51003.102

Sa 2/9 4:00-6:00 pm

BROWNIE GIRL SCOUTS: SENSES BADGE WORKSHOP

Ages 6-8

Brownies will use their "sense" while earning their Journey's Skill Builder Badge at this hands on workshop. Register by 2/14.

\$12.00 / LR \$6.00

Nature Zone

Kathie Driscoll

56003.101

Th 2/21 4:00-5:30 pm



JUNIOR GIRL SCOUTS: ANIMAL HABITAT BADGE WORKSHOP

Ages 9-11

In honor of Earth Day, Juniors will earn their Animal Habitat Skill Building Badge by investigating wildlife conservation and caring for the habitats at Ivy Creek Park. Register by 4/12.

\$12.00 / LR \$6.00

Ivy Creek Park

Kathie Driscoll

56003.102

F 4/19 4:00-6:00 pm

✓ MIX IT UP! SPRING BREAK WORKSHOP FOR YOUTH

Ages 6–11

Work with paints, pastels, papers, and photography. Register by 3/26.

\$80.00 / LR \$65.00

Fairview Center
Michelline Hall

63600.140

M–F 4/1–5 2:00–4:00 pm

Outdoor Adventure

✓ SPRING FLING CANOES & THINGS

Ages 6 & Up

Enjoy a spring evening canoeing, hiking, and picnicking with family and friends! We'll provide the hotdogs, chips and drinks. Register by 4/17.

Family Rate: \$40.00 / LR \$25.00

Ivy Creek Park
Laura Berrier

57400.104

Sa 4/20 4:00–6:00 pm



✓ FROGWATCH

Ages 8 & Up

Celebrate "Save the Frogs" day by listening for frog calls and stompin' in the swamp to look for frogs and other critters of the night. Fee includes a CD of Lynchburg area frog calls. Register by 4/25.

\$15.00 / LR \$10.00

Ivy Creek Park
Laura Rogers

51003.101

Sa 4/27 6:00–8:00 pm

Special Activities & Tournaments

✓ EASTER EGG HUNT

Ages 4–10

Join the hunt in this family activity with two age appropriate courses! Register by 3/22.

\$6.00 by 3/22 or \$12.00 at Door

Fairview Center
Kaleb VanDePerre

63800.130

Sa 3/23 2:00–3:00 pm

✓ YOUTH POOL TOURNAMENT

Ages 8–12

Come showcase your skills in billiards against other youth. Prizes awarded for the top finishers. Register by 3/29.

\$5.00

Fairview Center
Kaleb VanDePerre

63800.140

F 4/5 1:00–5:00 pm



✓ DIY THEATRE

Ages 10–14

Learn how to create your very own play from scratch inventing characters, plot, conflict, and resolution! Then audition, rehearse, and perform the play at the end of the workshop! Great preparation for upcoming Follystick Theatre productions!

\$100.00 / LR \$85.00

West Lynchburg Baptist Church
3031 Memorial Ave
Arielle Bielicki

61600.130

Tu, Th 3/12–5/10 4:00–6:00 pm

No classes held Spring Break 4/2–4.

Performance: 5/11 1:00 pm

Ceramics & Pottery

✓ MOM AND ME CERAMICS

All Ages

Celebrate Valentine's Day by working together on a Valentine ceramic project with Mom. Register by 1/23.

\$10.00

Fairview Center
Jamey Love

63600.111

M 1/28 10:00 am–12:00 pm

63600.132

M 3/4 10:00 am–12:00 pm

✓ CHILDREN'S CERAMICS

Ages 6–18

Have fun choosing and painting your own ceramic piece. Register by 2/26.

\$5.00

Fairview Center
Sue Matherly

63600.130

Tu 3/5 4:45–5:30 pm

Theatre

✓ LIL' DIY THEATRE

Ages 6–9

Begin thinking on your feet and fine tuning your acting skills by playing fun improv games in this do-it-yourself group! Adapt a classic fairy tale into a fun, new story that will be performed! Great preparation for upcoming Follystick Theatre productions!

\$90.00 / LR \$65.00

West Lynchburg Baptist Church
3031 Memorial Ave
Arielle Bielicki

61600.120

W 2/13–4/12 4:30–5:30 pm

No class held Spring Break 4/3.

Performance: 4/13 1:00 pm



✓ CHILDREN'S POTTERY

Ages 6–18

Create and paint your own handmade leaf bowl. Register by 3/19.

\$10.00

Fairview Center
Sue Matherly

63600.131

Tu 3/26–4/9 4:45–5:30 pm

Writing/Resumes

✓ MANGO

Ages 6–18

Learn a new language as we travel around the world through this weekly online foreign language learning program. Great supplement for students taking a foreign language in school.

\$10.00

Fairview Center
Sandy Cook

63500.110

Tu 1/8–29 4:00–5:00 pm

✓ CREATIVE WRITING SPRING BREAK WORKSHOP

Ages 6–18

Love to write? Learn from this published author how to properly unleash your inner creativity. Register by 4/2.

\$5.00

Fairview Center

Marie Colligan, Hill City Writer's Club President

63000.120

Th–F 4/4–5 3:00–4:00 pm

✓ "MY FIRST RESUME" WORKSHOP

Ages 14–18

High school students – are you applying for a summer job? Make a great first impression with a great resume. A representative from the City's Human Resources Department will guide you through the process. Register by 4/9.

\$10.00

Fairview Center
Heather Brown

63500.100

Th 4/11 6:30–7:30 pm

Daniel's Hill Center
Heather Brown

67500.100

Th 4/18 6:30–7:30 pm

Teens

✓ TEEN TUESDAY @ FAIRVIEW

Ages 12–18

Forget school for a time and join friends at Fairview to just hang out and play billiards, table tennis, and cards. For additional activities planned "just for teens" see the Center Activity Calendar of Events.

Fairview Center
Kaleb VanDePerre

63000.110

Tu 1/29 6:30–8:00 pm

Tennis

✓ TENNIS PLAY DAY

Ages 7–14

Learning the game of tennis has never been easier. Take part in the USTA developed FREE Quickstart Program that utilizes a smaller court and provides for rapid learning of the game so that you can feel confident to play the sport quicker.

Riverside Park Tennis Courts
Kerston Morrison

31050.101

Sa 3/9 1:00–3:00 pm

✓ FAIRVIEW TENNIS CLINIC

Ages 6–16

Jump into spring with a great day of tennis. Perfect for beginners. Register by 3/21.

\$5.00

Fairview Center Tennis Courts
To Be Announced

63300.131

Th 3/28 4:30–5:30 pm

✓ FUTURE STARS TENNIS CAMP

Ages 4–12

An exciting new play format for kids where some of each session is designed as a team practice that will prepare players for competition and match play, including USTA Junior Team Tennis. We also will work on forehands, backhands, volleys, overheads, and serving. Register by 3/29.

\$45.00

Riverside Park Tennis Courts
Kersten Cardwell

31050.102 Ages 4–8

M–F 4/1 5 9:00–10:30 am

31050.103 Ages 9–12

M–F 4/1 5 10:30 am–12:00 pm

Youth Sports

✓ PITCH, HIT & RUN

Ages 7–14

Youth, residing in the City of Lynchburg, are eligible to advance to the Sectional Competition of this baseball and softball skills challenge. Boys and girls compete separately as they test out their pitching, hitting, and running skills; points are awarded in each skill. The overall high scorer and each individual event champion, in each age division, will advance to the Sectional Competition of this national program. Register by 3/20.

Peaks View Park
Contact: Joanna Nisbet

31014.101

M 3/25 12:00–3:00 pm

Inclement weather date is Saturday, April 13.

YOUTH BASKETBALL INSTRUCTIONAL PROGRAM

Ages 7–8

Kids will have a great time while they practice their skills and learn about the fun game of basketball. Learning the fundamentals of the game on lowered baskets is easier and more fun for all. Each week skills are reviewed and no pressure scrimmages will help prepare youth for the next level. For more information call 455-5884.

\$65.00 / LR \$50.00

Amory Basketball Court 2
Joanna Nisbet

31033.101

✓ Sa 1/5–2/23 9:00–10:00 am

LYNCHBURG DIXIE SOFTBALL

Ages 6–15

City of Lynchburg girls participate and enjoy games with other local Dixie Softball organizations. A continuous batting order and every girl is required to play defense in at least two consecutive innings during every game. Returning players may register online. New players must bring a copy of their birth certificate and register at 825 Kemper Street. Teams are formed in mid/late March. Games begin in April and continue through June. Online Registration is only for returning girls.

LR Only \$40.00

Peaks View Park Softball Field 4
Contact: Joanna Nisbet

31013.101

M–F Sa 3/15–6/8 6:00–9:00 pm



Youth Open-Gyms

FREE

DUNBAR MIDDLE SCHOOL

Ages 6–14

Tu 3/19–5/21 7:00–8:00 pm

Ages 15–18

Tu 3/19–5/21 8:00–9:00 pm

LINKHORNE MIDDLE SCHOOL

Ages 6–18

Su 3/17–5/19 3:00–5:00 pm

SANDUSKY MIDDLE SCHOOL

Ages 6–18

Sa 3/16–5/25 3:00–5:00 pm

GIRLS ONLY AT DUNBAR

Ages 6 & Up

Tu 3/19–5/21 6:00–7:00 pm

BIRTHDAY PARTIES

ANIMAL SAFARI OR DINOSAUR SAFARI THEMED CHOICES

Available Year Round

Looking for a “WILD” birthday experience for your little explorer or preschooler?

Search no further than The Nature Zone’s Animal Safari OR Dinosaur Safari birthday parties!

Explore the nature center, join in a live animal or dinosaur program, play an animal or dino-game, or enjoy a puppet show.

The Grand Finale—birthday cake, drinks and a goody bag—one for each “party animal”!

Ages 2–3

\$115.00 / LR \$100.00

Ages 4 & Up

\$140.00 / LR \$125.00

CANOE ADVENTURE BIRTHDAY PARTIES

April–October

Hit the water for your child’s birthday! Party includes a brief orientation to canoeing, a ride around Ivy Creek Park’s Clemmons Lake, and of course a few paddling games! Cake, drinks and goody bags are enjoyed back on shore.

Ages 8 & Up

\$145.00 / LR \$130.00

Birthday Parties limited to 12 people total. Call The Nature Zone for more details at 455-5828.



Youth Athletic Organizations

Blue Ridge Lacrosse Club
www.blueridgelax.org

Central Virginia United (Soccer)
www.centralvirginiaunited.com

Central Virginia Volleyball Association
www.cvvb.org

Hill City Youth Football and Cheerleading
www.hillcityyouth.com

Lynchburg Little League Baseball
www.lynchburglittleleague.com

Lynchburg Tennis Patrons Association
www.lynchburgtennis.org

✓ = Online Registration Available

LR = Lynchburg Resident Discount

Family/Nature Zone

Nature Lovers



✔ LET'S DO THE BACKYARD BIRD COUNT!

Ages 16 & Up

Want to be part of the 16th Annual Great Backyard Bird Count, but don't know a cardinal from a chickadee? Join this bird expert to find out how to help Cornell University and National Audubon Society researchers learn more about the habits of our native birds. Register by 2/11.

\$12.00 / LR \$8.00

Nature Zone
Jessica Rodgers

51003.104

W 2/13 7:00–8:30 pm

✔ MAPLE SUGAR MADNESS!

All Ages

Learn how to identify and tap a maple tree. Discover the history of maple sugaring during this fun, family festival. Enjoy pancakes and tasty maple syrup... YUM! Register by 2/22.

\$12.00 / LR \$8.00

Miller Park
Laura Rogers

54005.101

Sa 2/23 10:00 am–2:00 pm



SPECIAL THANKS TO OUR LOCAL VOLUNTEERS!

Interested in becoming a Central Virginia Chapter Master Naturalist? Visit virginiamasternaturalist.org/centralvirginia



Where exploring the wonders of nature is a natural connection!

**Located in the historic Kemper Street Station.
Hours of operation vary seasonally.**

The Nature Zone offers something for everyone in the family!

Spark your imagination with our interactive displays... meet some "wild" animals... play with toys, puzzles and more at our "Kids' Corner"... and browse our extensive collection of animal mounts, featuring local birds, snakes, insects and a few exotic visitors! Don't forget to check out our Gift Shop!

WINTER HOURS (THROUGH MAY 31)

- Wednesdays, 3:00 pm - dusk
- Fridays, Noon - 6:00 pm
- Saturdays, 10:00 am - 4:00 pm

SPRING BREAK HOURS

Monday, April 1—Friday, April 5
10:00 am—4:00 pm

ADMISSION

- Kids (2-17): \$1.00
- Adults (18-49): \$2.00
- Seniors (50+): \$1.00
- Ask about our annual passes!



For more information,

Call: (434) 455-5828

E-mail: naturezone@lynchburgva.gov

Visit: www.lynchburgva.gov/parksandrec

Celebrate National Wildlife Week

March 18–24, 2013

Celebrate the week, enjoy the Zone, attend a workshop, and help our beloved Nature Zone wildlife.

FREE ADMISSION granted to those who bring any of the items listed below:

- Package of chicken wings, unseasoned (one)
- Tin of sardines packed in water (two)
- Eggs (one dozen)
- Unsweetened raw trail mix/granola (one package)

FREE ADMISSION & FREE GIFT from our Gift Shop!

- Britta water filters (two)
- Purina One Indoor Cat Chow (one bag)
- Taste of the Wild Cat Food (one bag)
- Mixed unsalted nuts in the shell (one bag)

"Like" The Nature Zone

WHILE YOU'RE IN THE ZONE... enjoy a workshop on how to live peacefully with your friendly, neighborhood wildlife!

W 3/20 3:00–4:00 pm

Safely Discouraging "Nuisance" Wildlife

F 3/22 5:00–6:00 pm

Found Orphaned Bird/Mammal/Reptile: What do I do?

Sa 3/23 1:00–2:00 pm

Oops! Sorry about That: How to Avoid Accidents with Wildlife

Self-Improvement

✓ GETTING PAID TO TALK- VOICE ACTING

Ages 18 & Up

Learn all about voice acting used in commercials, audio books, documentaries, animation, and training materials. Listen to demos from working professionals then read and record a script with a producer's direction. Register by 1/7.

\$18.00 / LR \$12.00

Templeton Center
Voice Coaches Staff

73004.110

Th 1/10 6:00-8:30 pm

✓ WRITER'S WORKSHOP: MEMOIRS / SHORT STORIES

Ages 18 & Up

Develop your writing skills, pen your memoirs and create short stories under the direction of a published author. Learn to record the moments of your life as you capture your memories on paper or on the keyboard. Bring any work in progress and be prepared for in class writing. Hand outs provided.

\$10.00

Templeton Center
Marie Colligan, Hill City
Writer's Club President

74005.121

Th 2/7 & 3/7 9:30-10:30 am

✓ CONVERSATIONAL SPANISH CLASS

Ages 18 & Up

Learn basic Spanish to use when traveling or in your community. Register by 2/15.

\$42.00 / LR \$28.00

Templeton Center
Jorge Lazo

73004.120

W 2/20-3/27 4:00-5:00 pm

✓ START SMART FOR SMALL BUSINESSES

Ages 18 & Up

Learn how to get started with your small business venture. Sponsored by the Region 2000 Small Business Development Center. Register by 3/18.

**\$10.00 / Information Packet,
payable onsite to instructor.**

Templeton Center
Region 2000 Staff

73003.130

W 3/20 6:00-8:00 pm

✓ CIVIL WAR REMEMBERED WORKSHOP WITH LUNCH

Ages 18 & Up

Speakers and reenactors will share what life was like during the Civil War. Workshop includes a BBQ plate lunch if registered by 4/16.

\$12.00

Templeton Center
Marsha Berry

73004.141

Sa 4/20 9:30 am-3:30 pm



✓ CPR TRAINING FOR LIFEGUARDS

Ages: 16 & Up

Participants will demonstrate their technical skills and must successfully pass the written test with a minimum score of 80%. Certification earned is valid for two years. Space is limited. Register by 5/3.

\$90.00 / LR \$75.00

Public Works Training Room
Maggie Mace

34002.101

Tu 5/7 5:00-9:00 pm

Technology At Your Fingertips

✓ COMPUTER BASICS

Ages 18 & Up

Learn to navigate the keyboard, make simple documents, cut/paste, and email your friends the latest family photo. Register by 1/11.

\$30.00 / LR \$20.00

Templeton Center
Marsha Berry

73004.111

W 1/16-30 3:30-5:00 pm

✓ GENEALOGY ON THE WEB

Ages 18 & Up

This three-session course will focus on genealogical research that can be done on the Internet using free sites. Register by 2/4.

\$30.00 / LR \$20.00

Templeton Center
Marsha Berry

74003.120

F 2/8-22 10:00-11:30 am

✓ COMPUTER BASICS – GOOGLE

Ages 18 & Up

Learn how Google can connect you with anything you ever wanted to know. Explore the possibilities in this interactive class. Register by 2/4.

\$10.00

Templeton Center
73004.123

W 2/6 3:30-5:00 pm

✓ COMPUTER BASICS – FACEBOOK

Ages 18 & Up

Find out how people of all ages are keeping up with their families, friends, and connecting with people who have similar interests all over the globe. Register by 2/11.

\$10.00

Templeton Center
73004.124

W 2/13 3:30-5:00 pm

✓ BUYING AND SELLING ON eBay

Ages 18 & Up

Learn some pointers on getting a great deal on great stuff at this online auction site. Register by 3/15.

\$10.00

Fairview Center

To Be Announced

63500.120

Tu 3/19 7:00–8:30 pm

Artistic Endeavors

✓ CHOCO LOT OF LOVE

Ages 18 & Up

Chocolate lovers will love receiving or making this hand-made personalized box of filled chocolates. Register by 1/22.

\$8.00

Templeton Center

Frank Neumann

Cake, Candy & Craft Supplies

73001.111

Sa 1/26 10:30 am–12:30 pm



✓ BEGINNING HANDBUILT & WHEEL POTTERY

Ages 18 & Up

Learn to make clay pottery using both hand forming and wheel throwing techniques. Register one week prior to first class.

\$65.00 / LR \$50.00

Art Studio

Gail Speidell

26000.110

Tu 1/29–3/19 9:00 am–12:00 pm

26000.111

W 1/30–3/20 6:00–9:00 pm



✓ BEADING WITH JAMIE

Ages 18 & Up

Learn beading techniques including terms, bead selection, and composition as you design your own beautiful piece of jewelry. Register by the Friday before.

\$10.00

Templeton Center

Jamie Carlund

74004.110

Sa 1/26 10:30 am–12:00 pm

74004.120

Tu 2/26 7:00–8:30 pm

74004.130

Tu 3/26 7:00–8:30 pm

74004.140

Tu 4/23 7:00–8:30 pm

✓ KNITTING BASICS AND BEYOND

Ages 18 & Up

New knitters will learn the basics; advanced beginners will learn something new. Practice yarn and needles available. Register by 2/11.

\$10.00

Templeton Center

Barbara Crews

73001.120

Tu 2/12–3/5 12:30–2:30 pm

✓ CUPCAKE FLOWER FUN

Ages 6 & Up

Create your own flower designs on three different cupcakes. A great intergenerational spring break activity. Register by 3/28.

\$4.00

Templeton Center

Frank Neumann

Cake, Candy & Craft Supplies

73001.140

Tu 4/2 10:30 am–12:00 pm

Stained Glass @ The Art Studio

✓ STAINED GLASS PANEL

Ages 18 & Up

Learn to cut, grind, and solder to create a colorful window hanging. Register one week prior to first class.

\$70.00/ LR \$55.00

The Art Studio

Carter Martin

63600.110

Th 1/24–3/21 6:30–8:30 pm

63600.141

Th 4/4–5/23 6:30–8:30 pm

✓ STEPPING STONE STAINED GLASS

Ages 18 & Up

Make a unique garden stepping stone using stained glass techniques. Register by 1/29.

\$80.00 / LR \$65.00

The Art Studio

Carter Martin

63600.120

Tu 2/5–4/2 6:30–8:30 pm

Painting—Acrylics, Oils & Watercolors



✓ PAINTING MADE EASY

Ages 18 & Up

Learn the basics of stroke work, shading and mixing acrylics. Students should bring brushes. Register by 1/23.

\$45.00 / LR \$30.00

Templeton Center

Betty Leary

73004.115

M 1/28–2/25 3:00–4:30 pm

No class held 2/18.

✓ BEGINNING WATERCOLORS

Ages 18 & Up

Discover the basics of layering, blending and building depth in your paintings. Learn different techniques and how to correct mistakes. Beginners only. Register by the Friday before.

\$75.00 / LR \$60.00

Templeton Center
Betty Leary

74401.132

Th 1/17-2/28 1:00-3:00 pm

74401.114

Th 1/17-2/28 6:30-8:30 pm

74401.131

Th 3/7-4/18 1:00-3:00 pm

74401.115

Th 3/7-4/18 6:30-8:30 pm



✓ OIL PAINTING BASICS—LANDSCAPES

Ages 18 & Up

Learn to mix colors and incorporate basic design elements as you paint a beautiful landscape. Register by the Friday before.

\$45.00 / LR \$30.00

Templeton Center
Rodney Laughon

73004.112

Sa 1/26 10:00 am-1:00 pm

73004.121

Tu 2/19 1:00-4:00 pm

73004.131

Tu 3/19 1:00-4:00 pm

73004.140

Tu 4/30 1:00-4:00 pm

✓ TIPS AND TRICKS FOR OIL PAINTERS

Ages 18 & Up

Bring a favorite photo or picture to recreate on a 16" x 20" canvas. Instructor available to assist and critique. Check receipt for supplies. Register by the Wednesday before.

\$63.00 / LR \$48.00

Templeton Center
Betty Leary

74400.115

Tu 1/15-2/26 6:30-8:30 pm

74400.130

Tu 3/5-4/16 6:30-8:30 pm

74400.140

Tu 4/23-6/4 6:30-8:30 pm

✓ ACRYLICS

Ages 18 & Up

Join us in an open studio for guided instruction. Bring your art work, brushes and develop your painting skills. Register by 4/10.

\$55.00 / LR \$40.00

Templeton Center
Betty Leary

74400.141

W 4/17-5/22 9:30-11:30 am

Bridge & Mahjong Classes

✓ BRIDGE CLASS, ADVANCED

Ages 18 & Up

Improve your game by learning the finer points of bridge. Previous playing experience is a must! Register by the Thursday before.

\$45.00 / LR \$30.00

Templeton Center
Ed Moldenke

74002.110

M 1/7-2/25 9:30-11:30 am
(No class 1/21 or 2/18)

74002.130

M 3/4-4/8 9:30-11:30 am

74002.140

M 4/15-5/20 9:30-11:30 am



✓ BRIDGE CLASS, INTERMEDIATE

Ages 18 & Up

Continue learning the game of bridge. This class is for people who have had playing experience, but want additional instruction. Register by 4/18.

\$45.00 / LR \$30.00

Templeton Center
Phyllis Moldenke

74002.141

M 4/22-6/3 9:30-11:30 am



✓ MAHJONG LESSONS

Ages 18 & Up

Learn this ancient Chinese game, similar to the western card game rummy. Mahjong is a game of skill, strategy and calculation and involves a certain degree of chance.

\$10.00

Templeton Center
Karen Bridgett

73004.122

F 2/8-22 9:30-11:30 am

Fitness

SCULPT AND TONE EXERCISE CLASS

Ages 18 & Up

Focus on trimming and toning using weights, bands, and mats. Register and pay monthly before the first class.

\$33.00 / LR \$22.00

Templeton Center
Sunny Nikolova-Weaver

74209.110

Tu, Th 1/3–31 6:00–7:00 pm

74209.120

Tu, Th 2/5–28 6:00–7:00 pm

74209.130

Tu, Th 3/5–28 6:00–7:00 pm

74209.140

Tu, Th 4/2–30 6:00–7:00 pm

FITNESS SAMPLER

Saturday, January 5
9:00 am–12:00 pm
Templeton Center

Ages 18 & Up

Sample 15-minute workouts in Yoga, Zumba, Sculpt & Tone, Ballroom Line Dancing, Abs, Bootcamp, Power Surge and Pilates to find the fitness class that's just right for you! New classes begin each month.

FREE. Register by 1/4.

74204.110

ZUMBA AT FAIRVIEW

Ages 18 & Up

Move your feet to a Latin beat for a fun cardio workout that will tone and trim your body. Register and pay monthly before the first class.

\$33.00 / LR \$22.00

Fairview Center
Jamey Love

63300.112

Tu, Th 1/3–31 6:00–6:45 pm

63300.122

Tu, Th 2/5–28 6:00–6:45 pm

63300.132

Tu, Th 3/5–28 6:00–6:45 pm

63300.142

Tu, Th 4/2–30 6:00–6:45 pm

ZUMBA EXERCISE CLASS

Ages 18 & Up

An exhilarating cardio and toning workout, with easy to follow dance moves using Latin inspired music. Register and pay monthly before the first class.

\$33.00 / LR \$22.00

Templeton Center

74208.110

M, W 1/2–1/30 5:00–5:45 pm

No class held 1/21.

74208.120

M, W 2/4–2/27 5:00–5:45 pm

(No class 2/18)

74208.130

M, W 3/4–3/27 5:00–5:45 pm

74208.140

M, W 4/1–4/29 5:00–5:45 pm



ZUMBA AT NOON

Ages 18 & Up

A great cardio workout using interval training with easy to follow dance moves to upbeat Latin rhythms. Register and pay monthly before the first class.

\$33.00 / LR \$22.00

Templeton Center

74208.111

Tu, Th 1/3–31 12:00–12:45 pm

74208.121

Tu, Th 2/5–28 12:00–12:45 pm

74208.131

Tu, Th 3/5–28 12:00–12:45 pm

74208.141

Tu, Th 4/2–30 12:00–12:45 pm

POWER SURGE – EXERCISE CLASS

Ages 18 & Up

Get moving to recharge your body and mind. Develop skills to reduce personal or work related stress during this express, low sweat workout. Build overall strength, improve posture, stretch, and be energized. Register by 1/8.

\$18.00 / LR \$12.00

Fairview Center
Jan Baker

63300.114

Tu 1/8–29 12:15–12:45 pm

FAIRVIEW BOOT CAMP

Ages 18 & Up

Complete body workout using cardio intervals and strength training. Exercises can be modified to accommodate all fitness levels. Register by 1/8.

\$25.00 / LR \$17.00

Fairview Center
Jan Baker

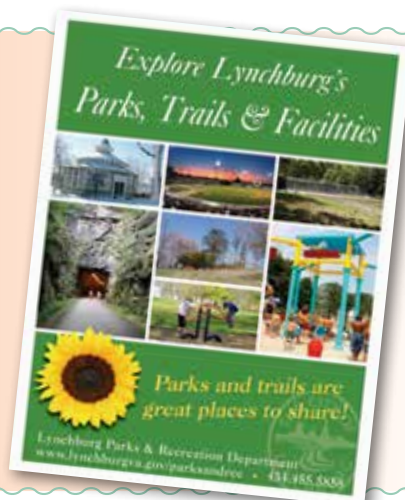
63300.113

Tu 1/8–29 11:15 am–12:05 pm

Parks and Trails are great places in the Winter and Spring too!

Weather permitting get outside and walk, jog, run, bike or whatever you do best.

Visit a Center and pick up your copy of *Explore Lynchburg's Parks, Trails & Facilities*.



✓ ALL ABOUT ABS

Ages 18 & Up

A focused core workout designed to strengthen the abs and lower back which add to improved posture and balance. Register by 1/8.

\$18.00 / LR \$12.00

Fairview Center
Stephanie Makovsky

63300.116

Tu 1/8-29 10:30-11:00 am

✓ BEGINNERS PILATES

Ages 18 & Up

Great class for those new to Pilates. Overall body conditioning to improve strength, flexibility, muscle tone, posture, and balance. Register by 1/8.

\$25.00 / LR \$17.00

Fairview Center
Stephanie Makovsky

63300.115

Tu 1/8-29 9:30-10:20 am



CANOEING AND KAYAKING

GROUP RENTALS

Starting in April
Saturdays and Sundays
10:00 am-5:00 pm

Enjoy the serene surroundings at Ivy Creek Park's Clemmons Lake fishing or hit the water in a canoe or kayak.

Bring a group for the fun of it.

Canoe Rentals: \$8.00 / Hour

Kayak Rentals: \$6.00 / Hour

PFDs are provided.

Water proof storage boxes available for additional charge.

Minimum 3 Rentals/2 Hours

For reservations, call: 455-5828

SCOUT AND YOUTH GROUP LEADERS!

Do you need canoe teaching instruction? We can help.

Certified instructors are available to increase your paddling skills.

Call the Nature Zone,
455-5828 for more information!

✓ BALLROOM LINE DANCING

Ages 18 & Up

Receive step-by-step instructions including handouts of the Rhumba, Waltz and Beginning Tango. Register by 2/1.

\$25.00 / LR \$17.00

Templeton Center
Linda Parker

74100.120

Tu 2/5-3/12 7:15-8:15 pm

Dance

TRIBAL BELLY DANCE

Ages 18 & Up

Celebrate the beauty, grace and natural power of the female form and the importance of the female tribal community. Learn the fundamental elements of tribal-style belly dance. Must register at Mind Body Studio.

\$40.00

Mind Body Studio
311 Rivermont Ave.
540-875-9667
Nancy McAndrew

27103.110

M 1/7-2/11 7:30-8:30 pm

27103.120

M 2/18-3/25 7:30-8:30 pm

27103.130

M 4/1-5/6 7:30-8:30 pm

✓ BEGINNING LINE DANCE CLASS

Ages 50 & Up

Grab your boots and get your heart rate up for a good cardio workout. Space is limited. Register one week prior to class.

\$23.00/ LR \$15.00

Fairview Center

63300.111

W 1/9-2/13 10:30-11:20 am

63300.121

W 2/27-4/3 10:30-11:20 am

Yoga

✓ YOGA

Ages 18 & Up

Class combines stretching, breathing, and holding postures. Register and pay monthly before the first class.

\$33.00 / LR \$22.00

Templeton Center
Debbie Ladd

74203.110

Tu 1/8-29 8:15-9:05 am

74203.120

Tu 2/5-26 8:15-9:05 am

74203.130

Tu 3/5-26 8:15-9:05 am

74203.140

Tu 4/2-30 8:15-9:05 am

YOGA FOR BEGINNERS

Ages 18 & Up

Relieve pain and stress through proper alignment and breathing. Develop strength and flexibility.

\$55.00

Register at location.

James River Yoga
901 Jefferson St, Suite G5
540-875-9667
Kersten Cardwell

27001.122

M 1/14-3/4 5:30-6:30 pm

27001.124

Tu 1/15-3/5 5:30-6:30 pm

27001.126

Th 1/17-3/7 9:45-10:45 am



COMMUNITY YOGA

Ages 18 & Up

Learn the fundamentals of Vinyasa (flow) Yoga, including breathing, postures, alignment, safe transitions, and meditation techniques. Must register at Mind Body Studio.

\$40.00

Mind Body Studio
311 Rivermont Ave.
540-875-9667
Mike Cundiff

27001.110

Tu 1/8–2/5 6:00–7:00 pm

27001.120

Tu 2/12–3/19 6:00–7:00 pm

27001.130

Tu 3/26–4/30 6:00–7:00 pm

Gardening Series

Virginia Tech

Master Gardeners

MEDICINAL PLANTS: NATURAL IS NOT ALWAYS BETTER

Ages 18 & Up

Learn to use medicinal plants safely. Users need to be aware that while many herbs have beneficial uses, some have dangerous side effects.

Templeton Center
Dr. Joe Pond

73003.133

Th 3/21 10:30–11:30 am

CONTAINER GARDENING

Ages 18 & Up

Have a small space? You can still have a garden of vegetables, herbs and flowers right on your patio. Register by 4/9.

Templeton Center
Roslyn Cheagle

73003.142

Th 4/11 10:30–11:30 am

PROPAGATION

Ages 18 & Up

Learn how proper plant propagation can give you healthier plants and more abundant blooms. Bring your garden gloves for a “hands on” experience. Register by 4/15.

\$2.00, payable onsite to instructor.

Templeton Center
Claire Stultz

73003.143

Th 4/18 10:30–11:30 am

COMPOSTING

Ages 18 & Up

Visit the Old City Cemetery’s Composting Center to learn how recycling your table scraps, grass and leaves can enrich your soil and enhance your garden!

Old City Cemetery
401 Taylor St
Kaye Moomaw

73003.144

Th 4/25 10:30–11:30 am



ADULT OPEN GYM PROGRAM

Purchase passes from a Parks and Rec location near you. Great for groups or for individuals ages 17 & up at either location.

\$10.00 / 5 Visits Pass

\$20.00 / 10 Visits Pass

SANDUSKY MIDDLE SCHOOL

Includes basketball, dodgeball, volleyball, and kickball.

Saturdays, January 12–May 18
3:00–5:00 pm

CITY ARMORY

Includes basketball, dodgeball and kickball.

Tuesdays & Thursdays
January 8–May 23 6:00–8:00 pm

Adult Sports



ADULT KICKBALL

Ages 18 & Up

Kick it old school! Play kickball at Peaks View Park! Teams include ten players and will play double headers one night per week.

All meetings below will take place at 825 Kemper Street:

- Organizational Meeting
2/11 6:00 pm
- Registration
2/19-22 4:00-6:00 pm
- Coaches Meeting
3/5 6:00 pm

Team Fee \$100.00

County Player Fee \$15.00

Peaks View Park Field 2
Ron Martin

30011.101

M, Tu 3/18-4/23 6:30-8:30 pm

DODGEBALL

Ages 16 & Up

Can you Dig it? Eight matches with five games/match.

All meetings below will take place at 825 Kemper Street Station:

- Organizational Meeting
3/25 6:00 pm
- Registration
4/1-4 4:00-6:00 pm

Team Fee \$100.00

County Player Fee \$15.00

City Armory Gym
Contact: Ron Martin

30008.101

M, W 4/15-5/15 6:30-7:30 pm

WIFFLE BALL

Ages 18 & Up

Sign up and have fun in the wacky "wiffle" ball league. No umpires just plenty of fun!

All meetings below will take place at 825 Kemper Street:

- Organizational Meeting
2/11 6:00 pm
- Registration
2/19-22 4:00-6:00 pm
- Coaches Meeting
3/5 6:00 pm

Team Fee \$100.00

County Player Fee \$15.00

Peaks View Park Field 3
Contact: Ron Martin

30010.101

M, Tu 3/18-4/16 6:00-9:00 pm

ADULT SOFTBALL

Ages 17 & Up

Batter up! We have both Men's and Co-Ed leagues. All leagues play two games per week with most playing doubleheaders. Teams play 20 games, April thru August. Sign up early as leagues fill up quick!

All meetings below will take place in the Public Works conference room, 1700 Memorial Avenue:

- Advisory Team Meeting
2/25 6:00 pm
- Organizational Meeting
3/4 6:00 pm
- Returning Team Registration
3/11-15 4:00-6:00 pm
- New Team Registration
3/18-21 4:00-6:00 pm
- Managers Meeting
4/15 6:00 pm

Team Fee \$399.00

County Player Fee \$15.00

Peaks View Park Fields
Contact: Ron Martin

30005.101

M-F 4/29-8/30 6:00-11:00 pm



CHALLENGED SPORTS EXCHANGE

A variety of recreational and sports activities are available for individuals with developmental disabilities and/or physical challenges in the Central Virginia region through the Challenged Sports Exchange (CSE).

CSE PARTNERS INCLUDE:

- Lynchburg Parks and Recreation Department
- ARC of Central Virginia
- Grace Church
- VSA Arts of Virginia

Monthly movies are shown in the Daniel's Hill Center located at 314 Cabell Street.

For calendars, newsletters or additional information contact:

CSE Office
22174 Timberlake Rd
Suite B1
Lynchburg VA 24502
434-455-1178

email: cseleague@gmail.com
challengedsportsexchange.com

Special Interest Groups.....

Fairview Center

3621 Campbell Ave
847-1751



A variety of special interest groups meet regularly at the Fairview Center. Groups are traditionally for fifty-plus citizens, space permitting, younger adults are always welcome.

During the Miller Center renovation you will notice additional opportunities at this location, now open to all adults. Get involved as many activities are citizen led, no registration is required and most are free or have nominal fees.

50-PLUS BILLIARDS

Two tables are available for recreational billiards.

Mondays, Wednesdays & Fridays
9:30 am–1:00 pm

50-PLUS TENNIS

Start your morning with fresh air and some friendly un-structured tennis competition. Weather permitting.

Wednesdays & Fridays
10:00 am

BRIDGE GROUP

Enjoy bridge? Bring your four-some and join this laid back, independent bridge group that meets weekly.

Mondays
9:30 am–11:30 am

CERAMICS CLUB

Join ceramic enthusiasts twice a week for open studio time. You select the project and paint/glaze it to your liking.

\$5.00 Monthly Fee, payable onsite

Wednesdays & Fridays
9:30 am–12:00 pm

COMPUTER TIME

Don't let your fear of the unknown keep you from exploring the world of computers. Center computers are available for public use at no charge. Need assistance, staff may be able to help with the basics. Call 847-1751 to check availability of staff assistance.

Wednesdays & Fridays
9:30 am–1:00 pm

GAME ENTHUSIASTS—WHAT'S YOUR GAME?

Whether it's Kings in the Corner, Skip-Bo, Dominoes, or some other game, join other game enthusiasts for some fun!

Wednesdays & Fridays
9:30 am–12:00 pm



GEM & MINERAL CLUB

This club promotes and extends the knowledge of minerals, geology, fossils, lapidary arts and associated fields. Come check it out!

3rd Wednesday, monthly
7:00–9:00 pm

HILL CITY WRITER'S CLUB

Learn the craft of writing and find out more about publishing. Club members include poets, journalists, essayists, technical writers, editors, booksellers, and creators of genre and literary fiction. Choose the time that best fits your schedule. Both groups meet weekly.

Mondays, 9:00–11:00 am
Tuesdays, 7:00–9:00 pm

The Art Studio

Jackson Heights Center
720 Winston Ridge Rd
455-5858

OPENING
January 2013

POTTERY & STAINED GLASS

This recently renovated location is now especially equipped for pottery, ceramics and stained glass. Groups of all abilities are welcome. Interested in learning more or arranging a special class for a special group, call Allyson McSwain, City-Wide Centers Supervisor, 455-5837.

Also, the public is invited to the upcoming Open House being planned for the Spring.

THE ART STUDIO OPEN HOUSE

May, 2013

Watch for details.

BRING A FRIEND!



Interested in starting a club or independent special interest group?
Call Allyson McSwain, City-Wide Centers Supervisor, 455-5837.

Templeton Center

225 Wiggington Rd
455-4115



A variety of special interest groups meet regularly either at the Templeton Center or at satellite locations in Lynchburg. Groups are traditionally for fifty-plus citizens, with space permitting, younger adults welcome.

During the Miller Center renovation you will notice additional opportunities at this location for adults of all ages. During these hard economic times get involved as many activities are citizen led, no registration is required and most are free or have only nominal fees.

BRIDGE CLUB, LYNCHBURG DUPLICATE

Competitive club play in a friendly atmosphere. Experienced players of all ages invited. Come one or all three days. Club Treasurer collects dues.

Mondays 12:30 pm
Wednesdays 7:00 pm
Fridays 10:00 am

BRIDGE, SOCIAL / PARTY

Bring your foursome and enjoy a morning of friendly fun. The tables are ready, just come and play!

Tuesdays & Thursdays
9:30–11:30 am

CANASTA

Come and learn or refresh your memory while playing this popular and fun card game. All skill levels welcomed.

Fridays
9:30–11:30 am

COMPUTER TIME

Don't let your fear of the unknown keep you from exploring the world of computers. Call ahead. Staff may be available to help you with the basics.

Computers available: Tuesdays & Thursdays
10:30–11:30 am

CORNHOLE FUN

Play Cornhole... a great game, similar to horseshoes except you use wooden boxes and corn bags.

Wednesdays
1:00–3:00 pm

CURRENT ISSUES AND EVENTS

Keep up with the times as this inquisitive discussion group examines the world's headlines.

Discussion Leader:
Dr. James Campbell
2nd & 4th Wednesdays
10:30–11:30 am

LITERATURE FOR LIFE

Enjoy reading and discussing great works of literature and poetry.

Discussion Leader:
Dr. James Campbell
2nd Thursday
10:30–11:30 am

MAHJONG

Enjoy this popular Chinese tile game of skill, strategy and luck. Newcomers and experienced players welcomed.

Thursdays
9:30 am–12:30 pm

VIDEO CHAIR EXERCISE CLASS

Experience a great work out in this 45 minute class. Work at your own pace, progress at your own speed. Commit to be fit!

Mondays, Tuesdays,
Thursdays & Fridays
9:30–10:15 am
No Monday classes 2/4–3/5
due to tax assistance.

Off-Campus Groups

50-PLUS BOWLING

Enjoy weekly recreational bowling without the cost and stress of league attendance and play. All skill levels welcomed.

\$1.25 / game plus tax, payable onsite

Fort Hill Bowling Center
6105 Fort Ave
Tuesdays
1:00–3:00 pm

GOLDEN GOURMET

Why eat alone? Join this group of fun loving diners as they visit different restaurants each month. Diners are encouraged to bring a funny story or joke to share with the group. Check the newsletter for locations. Register by the Wednesday before. Call 455-4115.

4th Friday, monthly
11:30 am–1:00 pm

NEW CHAPTER BOOK GROUP

This independent group of readers meets monthly to discuss pre-selected books of interest. See the newsletter or call 455-4115 for upcoming book selections.

Meets at Drowsy Poet at Givens Books, 2236 Lakeside Drive
4th Monday, monthly
10:00–11:00 am

PUTT-PUTT LEAGUE

Play miniature golf each Monday morning beginning mid-April. Adults only please. No registration required.

\$3.00/two games
Putt-Putt Fun Center
8105 Timberlake Rd
Mondays
9:00–11:00 am

Interested in starting a club or independent special interest group at Templeton? Call Lynn Fox, 455-4115.

Templeton Senior Center

225 Wiggington Rd
455-4115



TEMPLETON SENIOR CENTER RECEIVES AWARD

Congratulations to the staff and participants of the Templeton Center on Wiggington Road!! This is the second year the Templeton Senior Center has been recognized. The October 2012 edition of *Our Health, Healthy Living* magazine announced the Lynchburg center recently received the highest Gold Award in the Senior Center Category in the Best of the Blue Ridge 2012 Retirement Living Awards. Explore the many offerings of this center and learn for yourself why Templeton was recognized. With the variety of opportunities, there must be something YOU will be interested in too.

NEWSLETTER

The Fifty-Plus monthly newsletter is available online at www.LynchburgVa.Gov/ParksAndRec or available at Parks and Recreation Centers, Community Market, Lynchburg Public Libraries, and Lynchburg Visitors Center. Call for other locations.

AARP TAX ASSISTANCE

IRS trained volunteers are on hand to help you complete your tax return. Bring all pertinent papers and a photo ID.

Templeton Center

Free service available: 2/2-4/15

Mondays, Wednesdays,
and Saturdays
9:00 am-12:30 pm

Healthy Living

PERSONAL TRAINING IN SMALL GROUPS

Ages 50 & Up

Take charge of your health through a personalized fitness program in a small group setting. Students should bring a large exercise ball to class. Register by 1/4.

\$38.00 / LR \$25.00

Templeton Center
Sunny Nikolova-Weaver

74201.110

Tu, Th 1/8-31 9:30-10:30 am

SHOP SMART EAT SMART

Ages 50 & Up

Learn from the expert! Be a nutrition detective and uncover all you need to know about shopping labels and what to look for on the grocery shelves to keep you eating a heart healthy diet. Transportation available for city residents by calling 455-5896. Register by 2/11.

Super Dollar Discount Foods
2323 Memorial Ave
Leslie Hoglund
Virginia Department of Health

73003.122

Tu 2/19 10:30-11:30 am

BE HEART SMART

Ages 50 & Up

The Cardiovascular Wellness and Prevention Group will provide blood pressure checks from 10:00-10:30 am followed by a presentation on how to live smart and maximize your heart health.

Templeton Center

73003.132

Tu 3/12 10:00-11:30 am

AARP DRIVING CLASS

Ages 50 & Up

This eight hour, driving refresher course, geared to the older driver, develops skills to enhance performance and safety. Check with your agent about a rate reduction! Register by the Thursday before.

\$12.00 AARP Members

\$14.00 Non Members

Payable onsite to AARP.

Templeton Center
Ray Mueller

74001.130

Sa 3/9 8:30 am-5:00 pm

74001.140

W, Th 4/24-25 9:00 am-1:00 pm



TRANSPORTATION

"Curb to Curb Service"

455-5896

An accessible mini-bus provides curb-to-curb transportation for City residents to and from many Fifty-Plus activities. Quick courtesy stops for shopping on scheduled transportation routes is also available. Call the day before ride is needed.

\$4.00 Daily Cost

SHOPPING WITH RALPH

Join other Fifty-Plus participants three times a month for shopping at a local mall or shopping center.

Scheduled stops appear each month in the Fifty-Plus Newsletter.

To reserve a seat, call 455-5896 by noon the day before. The driver will schedule a pick-up time.

\$6.00 Trip Cost

Arm Chair Travel

✓ EXPERIENCING AFGHANISTAN

Ages 50 & Up

Travel to Afghanistan as a Lynchburg College student shares what life is like in her homeland.

Templeton Center
Simin Quorishi

73004.114

W 1/16 10:30–11:30 am



✓ EXPERIENCING NEPAL

Ages 50 & Up

Travel to Kathmandu, Nepal. Explore this exotic land through photos and stories.

Templeton Center
Marsha Berry

73004.130

Th 3/14 10:30–11:30 am

✓ ANNUAL SPRING BANQUET

Wednesday, March 20
11:30 am–2:00 pm

Chestnut Hill United Methodist
4660 Fort Ave

Banquet highlights include special music, a silent auction, door prizes and a delicious buffet luncheon for the 50 plus population. Bring a friend and enjoy a delightful day. Transportation is available to city residents.

\$10.00 Tickets,
available 2/20–3/15

72001.130

Meet the Author Series



✓ AUTHOR – ROBERT GILLETTE

Ages 50 & Up

Robert H. Gillette shares his passion and the inspiration for his book, *The Virginia Plan: William B. Thalhimer and a Rescue from Nazi Germany*. This is the remarkable history of a Richmond department store owner and his mission to provide a safe haven for Jewish students attempting to flee Nazi Germany in the 1930s.

Templeton Center

73003.120

M 1/28 10:30–11:30 am

✓ AUTHOR & COLUMNIST – DARRELL LAURANT

Ages 50 & Up

Learn about the challenges and rewards of writing an award winning column as we meet the author and *News and Advance* columnist, Darrell Laurant.

Templeton Center

73003.131

Th 3/7 10:30–11:30 am

✓ AUTHORS – ANNE BISHOP AND JACK SCUDDER

Ages 50 & Up

Meet local authors and former Lynchburg College professors, Anne Bishop and Jack Scudder, as they share their inspiration for their new book, *Yes and Thanks: Seeking the Spiritual in the World*.

Templeton Center

73003.141

Th 4/4 10:30–11:30 am

Just for Fun

✓ BREAKFAST AND BINGO

All Ages

Add spice to your morning with Bingo at breakfast. Enjoy a nice warm breakfast and win some Bingo prizes. Register by 2/6.

\$5.00

Fairview Center
Jamey Love

63700.120

F 2/8 10:00 am–12:00 pm



✓ FIFTY PLUS COED POOL TOURNAMENT

Ages 50 & Up

Winners awarded Gift Certificates. Participants divided into age categories. Double elimination in eight ball. Concessions available. Register by 3/4.

\$12.00 by 3/4 or \$15.00 at Door

Fairview Center
Jamey Love

63800.132

Sa 3/9 9:00 am–2:00 pm

ADDITIONAL FIFTY-PLUS ACTIVITIES...

are held at the College Hill, Daniel's Hill, Diamond Hill, Fairview, Jefferson Park, and Yoder Centers. Be sure to check out the section of Neighborhood Center Highlights.

Fifty-Plus Fitness & Sports

FAIRVIEW CO-ED FITNESS

Ages 50 & Up

Enjoy low impact, self paced classes with a fast, upbeat routine that helps trim and tone. Register and pay monthly before the first class.

\$33.00 / LR \$22.00

Fairview Center
Sunny Nikolova-Weaver

63300.110

M, W, F 1/2-30 11:30 am-12:20 pm

63300.120

M, W, F 2/1-27 11:30 am-12:20 pm

63300.130

M, W, F 3/1-29 11:30 am-12:20 pm

63300.140

M, W, F 4/1-29 11:30 am-12:20 pm

FIFTY-PLUS WHIFFLEBALL

Ages 50 & Up

Coed games, indoor version of indoor softball, focused on fun and friendly competition. Register and pay monthly before first game.

\$8.00

Heritage United
Methodist Church
582 Leesville Rd
Contact: Lynn Fox

73702.111

W 1/2-30 9:00-11:00 am

73702.121

W 2/6-27 9:00-11:00 am

73702.131

W 3/6-27 9:00-11:00 am

FIFTY-PLUS SOFTBALL

Ages 50 & Up

Coed games focused on fun and friendly competition. Register and pay monthly before first game.

\$10.00

Peaks View Park Softball Field I
Contact: Lynn Fox

73702.140

W, F 4/3-26 10:00 am-12:00 pm

FIFTY-PLUS PICKLEBALL **NEW!**

Ages 50 & Up

Discover the fun of Pickleball, a racquet sport which combines elements of badminton, tennis, and table tennis. Register and pay monthly before first game.

\$10.00

Heritage United
Methodist Church
582 Leesville Rd
Contact: Marsha Berry

74206.110

Tu, Th 1/3-1/31 3:00-5:00 pm

74206.120

Tu, Th 2/5-2/28 3:00-5:00 pm

74206.130

Tu, Th 3/5-3/28 3:00-5:00 pm

74206.140

Tu, Th 4/2-4/30 3:00-5:00 pm



FIFTY-PLUS PICKLEBALL CLINIC **NEW!**

Ages 50 & Up

Learn the basics of Pickleball, a racquet sport which combines elements of badminton, tennis, and table tennis. The speed of the ball and the size of court make this an ideal game for the 50+ crowd. Register by 1/14.

\$5.00

Heritage United
Methodist Church
582 Leesville Rd
Instructor: Judy Bowman

74206.111

Th 1/17-31 2:00-3:00 pm



VIRGINIA SENIOR GAMES

"Where athletes are
forever young!"

May 15-18, 2013

Newport News, VA

This four-day event provides something for everyone 50 or better! From swimming to tennis to canasta, events are chosen to include the non-athletic as well as the athletic, to accommodate all skill levels, and to promote an atmosphere of competition and FUN!

For complete listing of venues visit www.VirginiaSeniorGames.org or call the Virginia Recreation and Parks Society at (804) 730-9447. Deadline to register is mid-April.

FIFTY-PLUS SPORTS SAMPLER & LUNCH

Wednesday, April 3

10:00 am-1:30 pm

Peaks View Park

Spring into action and sample a variety of sports and games with your peers. Come at 10:00 am for 50+ Softball followed by lunch at 11:30 am. Sampler continues with Pickleball, Cornhole, Frisbee Golf, BirdieBall (a form of golf) and other yard games. Lunch at the shelter near the tennis courts. Register by 3/29. Rain date 4/10.

\$4.00

Contact: Tamara Reynolds

73708.140

..... Neighborhood Center Highlights

College Hill Center

811 Jackson St
847-1418



COLLEGE CHRONICLES

Ages 6-17

Guest athletes and scholars from urban neighborhoods share their challenges and their successes.

Tu 2/5-2/26 5:30-6:30 pm

MID WEEK MILE CHALLENGE

Ages 18 & Up

Let's move outside! Join the central city walking group and climb the steps on Monument Terrace for a mid week challenge. Meet at College Hill Center.

Michael Preston

W 3/6-4/24 11:00 am-12:00 pm

BAKING BASICS

Ages 10-15

Bake it from scratch – read, measure, mix, beat, and bake ingredients into a tasty treat.

Olivia Martin

F 3/8-29 5:00-6:00 pm

✓ SPRING WREATH PROJECT

Ages 18 & Up

Create a beautiful wreath to hang on your door for the start of spring. Register by 3/5.

\$15.00 / LR \$10.00

Rosalyn Marshall

65600.100

Tu 3/12 12:00-1:30 pm

✓ BASKETBALL BOOT CAMP

Ages 10-15

Learn what it takes to become an exceptional basketball player in this intensive basketball workout. Register by 4/19.

\$20.00 / LR \$15.00

City Armory

Michael Preston

65300.100

Sa 4/27 9:00 am-12:30 pm

Daniel's Hill Center

811 Jackson St
847-1418



✓ "MY FIRST RESUME" WORKSHOP

Ages 14-18

High school students – are you applying for a summer job? Make a great first impression with a great resume. A representative from the City's Human Resources Department will guide you through the process. Register by 4/16.

\$10.00

Heather Brown

67500.100

Th 4/18 6:30-7:30 pm

ANNUAL STONE SOUP COMMUNITY LUNCH

All Ages

Enjoy good company as neighbors share a pot of warm and hearty soup at this winter luncheon. Discuss community assets and learn about upcoming neighborhood projects.

JoAnn Stinnette

Sa 1/26 12:00-2:00 pm

CULTURAL CONNECTIONS

All Ages

From food to fashion sample Asian, European, Mediterranean, and Spanish cultures.

\$2.00, payable onsite.

JoAnn Stinnette

F 2/8, 3/1, 3/22, 4/12
5:30-6:30 pm

LISTEN TO ME: OPEN MIC CAFE

Ages 13-17

Express yourself before an audience of peers in your chosen voice: poetry, song, dance and art.

\$2.00, payable onsite.

F 2/22 6:00-7:30 pm

TOOLS & GADGETS WORKSHOP

Ages 18 & Up

Learn how to use the newest gadgets and basic household tools.

Will McPherson

Sa 3/23 10:00 am-12:00 pm

Diamond Hill Center

1005 Seventeenth St
847-1409



YOUNG AT HEART FIFTY PLUS PROGRAM

Ages 50 & Up

Join us for a featured topic each week, 11:00 am-1:00 pm, and enjoy the company of friends.

\$3.00, payable onsite.

Th 1/10 Soup Lunch and Recipes

Th 1/24 Crafts with Lisa Dillard

Th 2/14 Soul Food Lunch, \$5.00

Th 2/28 Art Exhibition of Gerald Cheatham & Craft

Th 3/14 Understanding City Departments and Lunch

Th 3/28 Common Sense Financial Planning and Lunch

Th 4/11 All That Jazz with Lew Taylor and Lunch

Th 4/25 Exercise & Craft with Lisa Dillard

LUNCH AND LEARN

Ages 18 & Up

Bring your lunch and a friend to enjoy informal table talks. Tea and coffee provided. Monthly on Tuesdays, 12:00-1:00 pm.

Tu 1/15 Parent Tool Kit for College Preparation

Tu 2/12 Lynchburg's Black History

Tu 3/19 Lunch with Vice Mayor Ceasor Johnson

Tu 4/16 Cries for Help: Understanding Abuse

✓ = Online Registration Available

LR = Lynchburg Resident Discount

Neighborhood Center Highlights.....

MY LIFE, MY STORY

Ages 18 & Up

Don't let your fondest memories fade. Join us on the first Wednesday of each month to draw your family tree and capture your childhood memories.

Desiree Ferguson

W 2/6-4/3 11:00 am-1:00 pm



DIAMOND HILL COMMUNITY HEALTH FAIR

For All Ages

Saturday, March 16

11:00 am-2:00 pm

Learn about health care for the whole family – get the basics about dental health, cancer risks, diabetes education, and general nutrition. Blood pressure screenings and confidential HIV testing onsite.

Mobile Mammography Van also onsite, pre registration required by 3/8. Call the Center, 847-1409, for an appointment or for more information.

BASKETBALL BONANZA

Ages 8-17

Two week Bonanza includes:

4/13 Basketball Fundamentals: Practice ball handling, passing, free throws, shooting form, and defense stands.

4/20 3 on 3 Tournament: Challenging and fun competition includes awards for winning team and certificates for all players.

Register by 4/6.

\$5.00

Marques Gilbert

66300.100

Sa 4/13 & 4/20 11:00 am-2:00 pm

Jefferson Park Center

405 York St

847-1405



DIALOGUES ON DEARINGTON

Ages 18 & Up

Join the weekly conversation about the Dearington Neighborhood - past and present. Socialize over a light breakfast and enjoy a variety of recreational activities.

\$2.00, payable onsite

Spencer Pyke

Tu 2/5-26 10:00 am-12:00 pm

COLLEGE APPLICATION ASSISTANCE

Ages 16 & Up

Will you be a first generation college student? Do you need help completing your college application? College admissions counselors will be on hand to help talk you through the process.

Spencer Pyke

Sa 2/9 11:00 am-1:00 pm

MARCH MADNESS

Ages 6-17

Come out dressed in your favorite college team gear and take part in a skills challenge, three point shooting contest, and more basketball fun.

\$2.00, payable onsite

Spencer Pyke

Sa 3/16 10:00 am-1:00 pm

KITE DAY

Ages 6-15

Let's go fly a kite – explore the history, physics, design, and joy of this aerial experience.

\$5.00, payable onsite

Spencer Pyke

Sa 4/6 10:00 am-2:00 pm

PLAY TO LEARN: ULTIMATE

Ages 8-15

Not your average disc toss. Take part in the Ultimate experience – demanding teamwork and good sporting behavior to reach the end zone.

\$2.00, payable onsite

Spencer Pyke

Sa 4/27 11:00 am-1:00 pm

Yoder Center

109 Jackson St

847-1645



PHONETOGRAPHY

Ages 12-17

Learn how to take those great photos with your cell phone! To be entered for the raffle prize, register by 1/18.

\$2.00

Josh Bell

64500.100

Tu 1/22 6:00-7:00 pm

PHONETOLOGY

Ages 18 & Up

Learn how to use cell phone features – where's that button and what does it do, texting and voicemail basics, how to turn your ringer down and your speaker up! To be entered in the prize raffle, register by 1/23.

\$3.00

Josh Bell

64501.101

F 1/25 10:00-11:00 am

EGG ROLL ON THE LAWN

Ages 6-10

Join the festivities – hunt for colorful eggs, enter the egg roll race, and see the creative eggshibit! Register by 3/20.

\$9.00 / LR \$6.00

64800.100

Sa 3/23 10:00-11:00 am

Neighborhood Center Highlights

✓ **MAKE IT – SAUTÉ IT – BAKE IT**

Ages 10–17

Get hands on experience in the kitchen. Learn basic cooking techniques and enjoy the results.

3/21 Measure, Mix, and Bake

4/18 Chop, Sautee, and Skewer

\$4.00 per session,
payable onsite.

64400.101

Th 3/21–4/18 6:00–7:00 pm

✓ **TRY IT: INTRO TO TENNIS**

Ages 6–11

Step onto the court to learn the fundamentals of tennis – racquet grip, groundstrokes, and overhead swing. Presented by the Lynchburg Tennis Patrons Association. Register by 4/19.

\$2.00

Jen D’Orio

64300.100

M, W, F 4/22–26 5:00–6:00 pm



January 3–May 30, 2013

Ages 6–17

Weekday afternoons at each of the neighborhood centers are focused on helping children succeed in school. Tutoring, homework help, fitness activities, and play time are all part of the day. Register your child at the neighborhood center of your choice. The After-School Program schedule follows the Lynchburg City Schools’ Academic Calendar, operating from 3:00 to 6:00 pm on school days.

Activity #	Center
65500.300	College Hill
67500.300	Daniel’s Hill
66500.300	Diamond Hill
62500.300	Jefferson Park
64500.300	Yoder

Centers closed: 1/21, 2/18, 5/27

Open Recreation: Games, stories, crafts and snack!

1/14, 3/25, 4/1–5
1:00–5:00 pm

NEIGHBORHOOD CENTER—KEY RECREATION PROGRAMS

FIFTY-PLUS PROGRAM

Ages 50 & Up

Join the company of friends to stay active, play games, and discuss special interests. Contact your neighborhood center to learn more about the schedule of regular activities and special events for the fifty-plus population.

NEIGHBORHOOD CONNECTIONS

Adults

Connect with your neighborhood association, council, or watch group. Contact your neighborhood center for meeting dates, times, and locations.

OPEN RECREATION PROGRAM

All Ages

Choose to play—pool, ping pong, foosball, cards, puzzles, classic recreational games—at your own pace.

AFTER-SCHOOL PROGRAM

Ages 6 to 17, see above.

SUMMER 2013 CAMP PROGRAM

Ages 6 to 11

Explore the season at the neighborhood center and beyond—Parks & Trails, the Nature Zone, Miller Park Pool, museums, libraries and Lynchburg curiosities.

Special Events.....

BOYS & GIRLS CLUB RESOLUTION RUN

Saturday, February 2
3:00 pm

1101 Madison Street

This will be a two-mile, walk/run starting and ending at the Boys & Girls Club of Greater Lynchburg, 1101 Madison Street. Fee: \$15.00 in advance (run only), \$18.00 day of race.

Contact: Dani Hottle
434-846-1111

HOME EXPO

Friday, March 15
11:00 am–7:00 pm

Saturday, March 16
9:00 am–7:00 pm

Sunday, March 17
12:00–4:00 pm

Lynchburg City Armory–
12th & Church Street

The expo features the latest and greatest resources in home design and home improvement; including kitchen and bath, carpet and tile, custom home building, landscaping, and more. Vendors and specialists will be on hand to discuss services, information and goods you may need to enhance your home. Realtors and finance brokers will show attendees the best way to purchase that dream home.

Admission is free.

Contact: Jenny Stadheim,
434-385-6018

RIVERFRONT ICE CREAM CHALLENGE

Saturday, April 20
9:00 am

Riverfront Park–
Jefferson Street

Annual event for bicyclists, runners, walkers, and motorcyclist. Challenge concludes with an ice cream social at Riverfront Park.

Contact: Steve Bowman
434-385-1444



CASA SHOE SALE

Friday, April 12
5:30–8:00 pm—Preview Party
for ticket holders only.

Saturday, April 13
8:00 am–3:00 pm

Lynchburg City Armory–
12th & Church Street

This premier fundraising event sells new, brand-name shoes and accessories, which have been donated. Thousands of shoppers from across Central Virginia look forward each spring to buying quality products at drastically reduced prices. Proceeds benefit Court Appointed Special Advocates for Children of Central Virginia (CASA).

Contact: Jane Francis
434-528-2552

ANGEL'S RACE

Sunday, April 14

8:00 am

Race Starts/Ends YMCA
626 Church Street

This race starts at the Downtown YMCA in Lynchburg with a 300m pool swim. The 25k bike course travels through downtown Lynchburg, across the James River and into Amherst County on a rolling out and back ride along River Road. The climb from the James River back to the YMCA is challenging! The 5k run takes athletes down Main Street, past Amazement Square and onto the scenic Blackwater Creek Trail. This out and back course finishes at the Community Market at 12th and Main Streets. From the time you enter the pool until you cross the finish line, you will be cheered on by hundreds of volunteers and enthusiastic spectators.

Contact: Geb Broman
434-841-1277

If you would like to hold an event, contact Sharon Brown, Special Events Coordinator, (434) 455-5871.



PROMOTE YOUR UPCOMING SPECIAL EVENT

What better way to display your message than by reserving a banner location and placing it across a street where people are sure to see it? Promote your upcoming Lynchburg event on a banner for up to 14 days at one of the following three locations:

- MLK Bridge on 5th Street
- Main Street in front of the Community Market
- 6th and Main Street

HOW?

- Obtain a banner application at www.lyncburgva.gov/parksandrec
- Complete the application and return to the Special Events Coordinator in Parks and Recreation along with the \$100 banner permit fee. Banners must be either 3' x 15' or 4' x 12' for installation.

- Provide a certificate of insurance. Insurance coverage of \$1,000,000 is required.

Banner applications are only accepted between 90 and 14 days prior to the event.

For more information contact Sharon Brown, Special Events Coordinator at (434) 455-5871.

LYNCHBURG OFF-LEASH DOG PARK

Now open from sunrise to sunset, seven days a week.

For dog owners and their well-socialized four-legged friends!

The Friends of the Lynchburg Dog Park are extremely grateful for all the volunteers who helped monitor the Dog Park since its opening in June 2012. Monitors will continue performing daily spot checks. The following rules should be upheld by owners and pets when using the park:

- Dogs must have a current, valid dog license from their City/County (must be attached to collar on dog).
- Only individuals seven years old and over are allowed in the off-leash dog areas.
- Owners must pick up after their pets as necessary and if possible, bring their own waste bags.
- Dog-on-human bites must be reported immediately by telephone to the Lynchburg Police Department, 847-1602. Incident reports are located behind the sign-in sheets in the small brown box located in the park—please complete these reports as necessary and leave them in the box. Minor problems should also be reported to either the Friends of Lynchburg Dog Park, Inc., 384-1972 or the Lynchburg Parks & Recreation Department, 455-5858.
- For a complete list of the Dog Park Rules, refer to the website, www.lynchburgdogpark.com.

If you would like to volunteer to become a park monitor or donate to the Dog Park, please contact the Friends of Lynchburg Dog Park, Inc. at lynchburgdogpark@gmail.com!

ANNUAL MAINTENANCE NOTICE

The Large Dog Area is closed for annual maintenance through the winter months and will re-open in March. During this period the Small Dog Area will be open for all dogs regardless of size. Once the Large Dog Area reopens, maintenance activities will shift to the Small Dog Area, with all dogs using the other half of the park. The entire Dog Park will be open by June 1, ready for summer fun!

"Like" Friends of Lynchburg Dog Park



Fine Virginia handcrafts
Locally owned eateries & shops
Farm fresh produce
Fresh bread baked daily

Tues. - Sat., 7 a.m. - 2 p.m.
LynchburgCommunityMarket.com
1219 Main Street • Lynchburg, VA 24504 • (434) 455-4485

COMMUNITY MARKET
HERITAGE CRAFTERS GALLERY

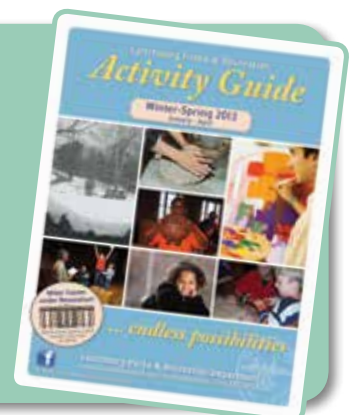
CHOCOLATE CHALLENGE

Saturday, February 9

FARMER'S MARKET EVERY SATURDAY YEAR-ROUND.

Look for this guide in display racks all around town:

- Lynchburg Libraries and City Hall
- Nature Zone and Centers
- Community Market and Main Office
- Many Local Food Lions and Krogers



✓ = Online Registration Available

LR = Lynchburg Resident Discount

RecQuest/Volunteer Opportunities.....

RecQuest

NEW!

Are you looking for an activity, class, or program suitable for all kinds of groups? RecQuest has the answer!

Let Parks & Recreation customize a program just for you. We provide the experienced instructors and materials needed; and you provide the date, time, and group! Suitable for Scouts, church groups, social clubs, or family reunions at your location or one of Lynchburg's parks, trails or centers.

RecQuest Package Programs:

Exploring the Arts: Dance into Action!; Explore an Art Medium; Creative Sculpture; Theatre Fun.

Athletics: Basketball FUNDamentals; Winning Softball Skills; Fantastic Fitness.

Genealogy Classes: Introduction to Genealogy; Beyond Genealogy Basics; Genealogy on the Web.

Naturalists: Live Animals; Explore the Seasons; Fall and Winter Hibernation; Scout Badge programs.

Call 455-5858 to request more information and a fee schedule.

Volunteer with Parks & Recreation!

Join us in exploring year-round opportunities for volunteerism as we work to serve our community.

VOLUNTEER POSITIONS INCLUDE:

- Adopt-A-Trail Groups and Families
- After-School Program Tutor
- Arts & Crafts Instructor and Assistant
- Center Aide
- Children's Theatre Assistant
- Nature Zone Volunteer and Animal Feeder
- Special Activities and Events Assistant
- Girl's Softball and Youth Basketball Coaches
- and more!

Would you like to learn more about the Volunteer Program? A presentation for your group, business, or organization can be arranged. Call Paula Tannenbaum, Volunteer Coordinator, at 434-455-5886.

✓ ANIMAL FEEDER TRAINING

Ages 16 & Up

Feed, handle and care for live education animals. Choose volunteer shifts at our Nature Zone to suit your busy schedule. Register by 1/11.

Nature Zone
Laura Rogers

57100.101

Sa 1/12 4:00–6:00 pm

57100.102

Su 1/13 2:00–4:00 pm

✓ NATURE ZONE VOLUNTEER TRAINING

Ages 16 & Up

Become a Nature Zone ambassador! Help us deliver nature programs and educate nature center visitors. Register by 1/11.

Nature Zone
Laura Rogers

57300.101

Sa 1/12 6:30–8:00 pm

57300.103

Su 1/13 4:30–6:00 pm

✓ ADOPT A TRAIL ORIENTATION

Ages 16 & Up

Do you care about the quality of Lynchburg's hiking and biking trails? Whether you're a group or an individual, adopting a section of trail is easy and fun! Parks and Recreation provides all of the training and equipment for this rewarding program. Register by Thursday before orientation. For more information call our Volunteer Coordinator, 455-5886.

Ivy Creek Park Shelter
Paula Tannenbaum

57200.101

Su 4/14 2:30–3:30 pm

57200.102

Sa 4/20 10:30–11:30 am



TEMPLETON SENIOR CENTER SPRING SPRUCE UP

Celebrate "Earth Day" by contributing your time and talents to sprucing up the Templeton Senior Center. Bring your energy and tools (i.e. rakes, hand spades, garden gloves) to work outside on the grounds. A hot dog lunch will be served as our thank you. Call 455-4115 to register for lunch.

M 4/22 9:00–11:30 am
Rain Date 4/29.